




Vegetarian Times Vegetarian Beginner's Guide

the Editors of Vegetarians Times

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Is there one book that can answer all of my questions about becoming a vegetarian? Yes, Vegetarian Times Vegetarian Beginner's Guide is the only book written for beginner vegetarians or anyone just thinking about becoming one. It's packed with information written by the editors of Vegetarian Times, the leading authorities on the subject. Below are just a few of the hundreds of questions this handy book will answer. Will I get enough protein if I don't eat meat? Do I have to eat salad every day? How does a vegetarian diet help to prevent disease? If I'm pregnant, is it safe to be a vegetarian? Will my vegetarian children get the nutrients they need from a meatless diet?

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